

(1) A method of reducing diabetes in a patient who is at risk for developing diabetes, said method comprising:

administering to a patient, who is at risk for developing diabetes, an effective
5 amount of an angiotensin converting enzyme inhibitor for sufficient period of time to prevent the development of diabetes in such patient.

(2) A method according to claim 1, wherein the diabetes is Type 2 Diabetes.

(3) A method according to claim 1, wherein the angiotensin converting
10 enzyme inhibitor is ramipril.

(4) A method according to claim 2, wherein the angiotensin converting enzyme inhibitor is ramipril.

(5) A method according to claim 1, wherein β -cell function in such patient is slowed or reversed.

15 (6) A method according to claim 1, wherein islet blood flow is increased.

(7) A method according to claim 1, wherein pancreatic β -cell perfusion is increased.

(8) A method according to claim 1, wherein insulin resistance in skeletal muscles is reduced..

20 (9) A method according to claim 1, wherein insulin-mediated glucose disposal is increased.

(10) A method according to claim 1, wherein insulin-mediated glucose uptake by skeletal muscles is increased.

(11) A method according to claim 3, wherein the ramipril is administered
25 in a dose of up to about 10 mg per day.

(12) A method of slowing or reversing the decline of β -cell function in an individual comprising:

administering to an individual an effective amount of an angiotensin converting enzyme inhibitor for a sufficient period of time to prevent the decline of
30 β -cell function in such individual.

(13) A method according to claim 12, wherein the angiotensin converting enzyme inhibitor is ramipril.

(14) A method of increasing islet blood flow in an individual comprising:
administering to an individual an effective amount of an angiotensin
35 converting enzyme inhibitor for a sufficient period of time to increase islet blood flow in such individual.

(15) A method according to claim 14, wherein the angiotensin converting enzyme inhibitor is ramipril.

(16) A method of increasing pancreatic β -cell perfusion in an individual comprising:

5 administering to an individual an effective amount of an angiotensin converting enzyme inhibitor for a sufficient period of time to increase pancreatic β -cell perfusion in such individual.

(17) A method according to claim 16; wherein the angiotensin converting enzyme inhibitor is ramipril.

10 (18) A method of lowering aldosterone secretion and renal potassium wasting in an individual by comprising:

administering to an individual an effective amount of an angiotensin converting enzyme inhibitor for a sufficient period of time to lower aldosterone secretion and renal potassium wasting in such individual.

15 (19) A method according to claim 18, wherein the angiotensin converting enzyme inhibitor is ramipril.